

ABSTRACT OF THE DISCLOSURE

The invention is a method and supplement for treatment of symptoms of Alzheimer's disease, dementia, depression, and combination thereof, comprising: from about 20 wt% to about 70 wt% emu oil, wherein the emu oil further comprises from about 1 wt% to about 12 wt% linolenic acid; 5 from about 5 wt% to about 30 wt% l-arginine; from about 5 wt% to about 30 wt% pyroglutamate; from about 0.5 wt% to about 20 wt% B-12 methylcobalamin; and from about 0.5 wt% to about 20 wt% calcium, wherein the supplement is adapted for crossing a blood brain barrier, and for fortification of phospholipids in neurotransmitters of a brain to increase cell proliferation for treatment of symptoms of Alzheimer's disease, dementia, depression, and 10 combinations thereof.